

LEVEL 1 – BALANCE BEAM

Time Limit: 35 seconds

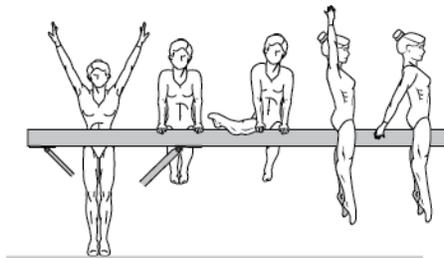
Please note:

- The figures are a guideline to assist with learning the routines. There is flexibility within the text of the routines to allow for choices. Not all of the choices are shown in the pictures. When in doubt, follow the written word of the text.
- **ONLY MAJOR ELEMENTS ARE CAPITALIZED TEXT.** All other headings are connections.
- Whenever high position arms are indicated, arms may be curved (crown) or straight.
- Whenever side-middle or sideward-diagonally-upward arms are indicated, arms may be pressed slightly backward.
- Whenever the text states to “step”, the proper dance technique is to step through the foot (toe, ball, heel) with the feet turned out slightly.
- The routine may be reversed in its entirety; however, **no single element may be reversed unless indicated by an asterisk (*)**.
- Note the figures will always precede the text explanation of the movement.
- To determine if a gymnast is a “*righty* or *lefty*”, first determine the gymnast’s dominant leap and front split (*right* or *left*). These need to be the same. The text is written describing the choreography for a “*right* dominant” gymnast. If teaching a “*left* dominant” gymnast, replace the words *right* with *left*, and *left* with *right* when teaching the routine.

Starting Position (SP): a board or raised surface (such as a folded panel mat) may be used as a mounting surface, but must be removed as soon as possible after the gymnast has mounted.

- Stand facing the beam.
- The spacing of the mount should fit so the tuck sit is near the end of the beam.

1. (*) JUMP TO FRONT SUPPORT MOUNT (0.20)



Place both hands shoulder-width apart on the beam and jump to a **FRONT SUPPORT** with the arms straight and body extended.

Lift the straight *right* leg over the beam with a 90° turn *left*, finishing in a straddle sit facing the length of the beam.

Arms: Move the *left* hand backward beside the *right* hand as the 90° turn is executed. Lift both arms forward-upward to high at the completion of the mount. Reach backward to grasp the beam behind the buttocks with arms straight or bent.

	(*) JUMP TO FRONT SUPPORT MOUNT (0.20)	Up to 0.10	Failure to extend body in front support
		Up to 0.10	Lack of continuity in ¼ (90°) turn to straddle sit

Points of emphasis:
posture and straight arms in front support

If reversing the **NEEDLE LEG KICK**, extend the *left* leg in the “V” sit and step forward *right*, then *left*, to finish in the tuck stand. Then kick the *right* leg backward-upward.

2. Single leg “V” sit; Tuck stand, Pike stand, (*) NEEDLE LEG KICK (0.40), Tuck stand, RELEVÉ BALANCE “LOCK” STAND (0.20)



Lift and simultaneously bend both legs to finish in a tuck sit on the beam with the toes pointed on top of the beam.

Arms: Remain grasping the beam behind the buttocks.

Extend the *right* leg to pass through a momentary **single leg “V” sit**. Step up onto the *left*, then *right* foot to arrive in a **tuck stand**.

Arms: Push off the beam and move both arms forward-upward to crown.

Extend both legs and place both heels flat on the beam to finish in a **pike stand**.

Arms: While maintaining an open shoulder angle, lower both arms forward-downward to grasp the beam.

Kick the *left* leg backward-upward a minimum of horizontal to execute a **NEEDLE LEG KICK**. (It is acceptable to bend the *right* leg **as well as adjust the hands forward** to initiate the kick.) Step down to return to a **tuck stand**.

Arms: Remain in high throughout the **NEEDLE LEG KICK**. Move to crown on the **tuck stand**.

	(*) NEEDLE LEG KICK (0.40)	Up to 0.10	Lack of continuity from sit to stand
		Up to 0.10	Failure to kick a minimum of horizontal

Points of emphasis:
posture and straight legs in NEEDLE LEG KICK

Arms: While maintaining an open shoulder angle, lower both arms forward-downward to grasp the beam.

Kick the *left* leg backward-upward off the beam, then push off the beam with the *right* foot to execute the **SINGLE LEG KICK-UP**. There is no amplitude requirement for either leg. (It is acceptable to bend the *right* leg as well as adjust the hands forward to initiate the kick-up.)

Step down *right* while keeping the ears covered by the arms to finish on a straight (or slightly bent) *right* leg and immediately close the *left* behind the *right* foot to finish with both legs straight and feet flat on the beam (figure 9) OR to finish in a *right* lunge, pressing the *right* knee and both hips forward (figure 10).

Arms: Remain in high throughout and as the step down occurs. Open sideward-diagonally-upward on the finish.

Note: When considering the completion of the **SINGLE LEG KICK-UP TO STAND**, the element is “completed” when the gymnast has stepped down to a closed or lunge position.

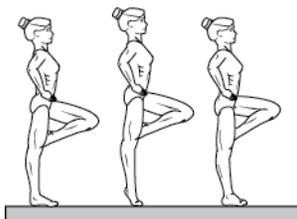
!	(*) SINGLE LEG KICK-UP TO STAND (0.40)	Up to 0.10	Lack of continuity from sit to stand
		<u>0.20</u>	Failure to have either foot leave the beam

Points of emphasis:

posture and straight arms and legs in SINGLE LEG KICK UP TO STAND

If the **SINGLE LEG KICK-UP** was reversed, simply return to the text.

3. FORWARD PASSÉ BALANCE (0.20)



FORWARD PASSÉ BALANCE. Mark this position.

Step forward onto a straight *right* leg with the *right* foot slightly turned out

(not in relevé). Bend the *left* knee forward and pull the pointed *left* foot forward to touch the *right* knee to perform the **Arms:** Hands on hips.

Push down on the beam with the *right* foot to extend the *right* ankle to arrive in a relevé position. Immediately lower the *right* heel back onto the beam.

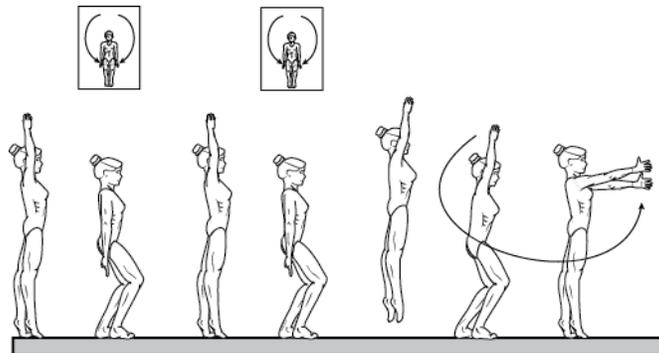
Arms: Hands on hips.

!	FORWARD PASSÉ BALANCE (0.20)	<u>0.10</u>	Leg in incorrect position (not in forward passé)
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Points of emphasis:

posture; leg position and straight base (support) leg

4. Relevé “Lock” Stand, Plié, Relevé, Plié, STRETCH JUMP (0.40), Relevé “Lock” Stand



Close the *left* foot behind the *right* foot in a **relevé “lock” stand**.

Arms: Lift both arms forward-upward to crown.

Demi-plié both legs.

Arms: Lower both arms sideward-downward to low or backward-downward to backward-diagonally-low.

Extend both legs returning to a **relevé “lock” stand**.

Arms: Lift both arms forward-upward to crown.

Demi-plié both legs.

Arms: Lower both arms sideward-downward to low or backward-downward to backward-diagonally-low.

Push off the beam, extending both legs through the hips, knees, ankles and toes with the legs together to execute a **STRETCH JUMP**. During the jump, the inner thighs should press together resulting in the press of the heel of the *right* foot against the front of the *left* foot.

Land on both feet simultaneously in demi-plié, pressing through the balls of the feet to lower the heels toward the beam, *right* foot in front of the *left* foot with both feet slightly turned out.

Arms: Lift both arms forward-upward to crown and remain in crown for the **STRETCH JUMP** and landing.

Extend both legs to finish in a **relevé “lock” stand**.

Arms: Circle both arms backward-downward-forward-upward to finish with the *left* arm forward-middle, *right* arm slightly higher than the *left*. Both hands have the palms turned in with the fingers open and spread apart (this should be a sharp/straight dynamic hand movement).

Focus: Forward.

 —	STRETCH JUMP (0.40)	<u>0.10</u>	Failure to land on both feet simultaneously
		Up to 0.10	Failure to land with feet closed

Points of emphasis:
posture, pointed feet and height